

Monday 25

For time:

DB F. Carry, 50/35 lbs, 400 m
200 Double Unders
100 Wall Balls, 20/14 lbs
50 Chest-to-bar Pull-ups

MLT: 32', SFR: 18'

+ Optional Accessory **GW**

Tuesday 26

10 rounds for time of:

3 Clean & Jerks, 135/95 lbs
3 Burpees Over Bar

MLT: 10', SFR: 5'30"

+ Optional Accessory **GW**

Wednesday 27

For Time: LP Test 5

20 Back Squats, 225/155 lbs
Run, 2 mi
20 Back Squats, 225/155 lbs

MLT: 30', SFR: 21'

+ Optional Accessory **MW**

Friday 29

10 intervals of: E3MOM

8 Toes-to-bars
12/8 Bike Calories

MLT: Done & 30", SFR: UBK & 18"

+ Optional Accessory **MG**

Saturday 30

EMOM 30 of:

1 Power Snatch, pick load

MLT: 60%, SFR: 80%

+ Optional Accessory **W**

CrossFit Linchpin



25 April 2022